
Standard Benchmark Assessment Program

Your Gateway to Longevity & Health Optimization

All patients can benefit from this one-time, comprehensive assessment. It's designed for individuals who want to better understand their current health and likely trajectory, making it a cost-efficient introduction to longevity and health optimization medicine. If you choose to become a full member of the practice afterward, the cost of your Benchmark Assessment can be applied toward your membership.

Patients can choose among 3 levels of assessment to suit their interest and individual needs. During this program, patients receive over two hours of dedicated consultation time with Dr. Christopher Capicotto to review their medical history, goals, and concerns, as well as to discuss test results and receive tailored health guidance.

Benchmark Assessment Tiers

Tier I: \$4,000 USD one time fee

This package includes:

- Initial consultation with Dr. Christopher Capicotto (up to 30 minutes);
- Comprehensive baseline laboratory testing:
 - >80 biomarker assessment; and
 - [TruAge](#) biological age test.
- Fitness testing – NYC Performance Lab Longevity Foundational Package; and
- Review of results – 60-minute debrief with Dr. Capicotto, including recommendations based on findings.

Optional add-ons:

- Access to optional non-prescription therapies and diagnostic testing:
 - [FibroScan](#) (member pricing);
 - DEXA bone density scan (member pricing);
 - [Continuous blood glucose monitoring](#) and clinician analysis; and
 - Peptide therapies (e.g., *BPC-157 and others*).

Tier II: \$5,500 USD one time fee

This package includes:

- Initial consultation with Dr. Christopher Capicotto;
- Comprehensive baseline laboratory testing:
 - >100 biomarker assessment; and
 - TruAge biological age test.

- Fitness testing – NYC Performance Lab Longevity Comprehensive Package;
- FibroScan (liver health assessment);
- Continuous glucose monitoring (CGM);
- Review of results – 60-minute debrief with Dr. Capicotto, including; recommendations based on findings.

Optional add-ons:

- Access to optional non-prescription and prescription therapies and diagnostic testing:
 - DEXA bone density scan (member pricing);
 - [Galleri cancer screening](#) test; and
 - Peptide therapies (*e.g., BPC-157 and others*).
 - Prescription plan (1-year period) with messaging access to clinicians:
 - Metabolic health therapies – GLP-1s, metformin, and others:
 - This prescription option includes a smaller follow-up lab panel to track efficacy and avoid harms.
 - Hair care – oral minoxidil, finasteride and others.

Tier III: \$8,000 USD one time fee

This package includes:

- Initial consultation with Dr. Christopher Capicotto; and
- Comprehensive extended baseline laboratory testing:
 - >100 biomarker assessment; and
 - TruAge biological age test.
- Fitness testing – NYC Performance Lab Longevity Comprehensive Package;
- FibroScan (ultrasound of the liver);
- DEXA scan (bone mineral density) and Body Composition scan;
- Continuous glucose monitoring (CGM); and
- Review of results – 60-minute debrief with Dr. Capicotto, including recommendations based on findings.

Optional add-ons:

- Access to optional non-prescription and prescription therapies and diagnostic testing:
 - Galleri cancer screening test;
 - Peptide therapies (*e.g., BPC-157 and others*);
 - Prescription plan (1-year period) with messaging access to clinicians:
 - Metabolic health – GLP-1s, metformin, and others:
 - This prescription option includes a smaller follow-up lab panel to track efficacy and avoid harms.
 - Hormone optimization – testosterone for women and men:
 - Includes limited prescriptions for appropriate side effect management, at prescriber's discretion; and

- This prescription option includes a smaller follow-up lab panel to track efficacy and avoid harms.
- Hair care – oral minoxidil, finasteride and others.

📞 **For more information about this program:** info@primaryprecisionmed.com | (212) 243-5868.

Discover your baseline. The Benchmark Assessment Program offers a clear picture of where you are today and a personalized plan for where you can go.

Targeted Benchmark Assessment Program

Performance Benchmark Assessment

Optimize Your Body. Elevate Your Performance.

This program is designed for athletes and high performers who want to deeply understand the factors that influence their endurance, strength, and recovery. Whether you're training for a competition or simply striving to push your physical limits, this package helps identify both your strengths and vulnerabilities — and gives you a roadmap to peak performance.

The Performance Benchmark Assessment includes two rounds of diagnostics and two debrief sessions, so we can track your progress and fine-tune interventions.

Round 1 (Baseline): Assess your current status, uncover weak spots, and introduce targeted strategies to optimize performance.

Round 2 (Pre-Event Reassessment): Re-test before your event or competition to ensure improvements, evaluate readiness, and provide final guidance.

💡 Cost: \$4,000 USD one time fee.

What's Included

Round 1: Benchmark Performance Testing & Medical Appointment

- Initial medical appointment with Dr. Christopher Capicotto (goal setting, training history, and performance review)

- Comprehensive biomarker panel (inflammation, hormones, nutrition, recovery markers, cardiovascular risk, etc.)
- Continuous Glucose Monitor (CGM) with clinician-guided analysis
- Body composition scan (DEXA)
- VO₂ Max and metabolic performance testing (NYC Performance Lab)
- Functional movement & performance screening
- 60-minute results debrief with Dr. Capicotto: Personalized plan to address weak points and optimize performance trajectory
- Fitness + nutrition expert feedback and guidance from NYC Performance Lab trainers

Round 2: Pre-Event Reassessment & Follow-Up

- Repeat biomarker testing (key performance and recovery markers)
- Follow-up Continuous Glucose Monitoring (short-term placement for training/race readiness)
- Repeat DEXA body composition scan
- Repeat VO₂ Max and metabolic testing
- 60-minute results debrief with Dr. Capicotto: Performance readiness review, final adjustments, and recommendations
- NYC Performance Lab expert feedback and final recommendations before competition day

Why This Program?

The Performance Benchmark Assessment goes beyond standard sports medicine. It provides a deep dive into the physiology that drives performance — energy systems, recovery capacity, nutrition, hormone balance, and metabolic flexibility.

For example: A 30-something male training for a 50-mile mountain ultramarathon will uncover whether his nutrition supports endurance, if his recovery markers reveal hidden risks, and where metabolic inefficiencies may slow him down. The program allows us to strengthen those areas and retest before the race to confirm readiness.

Performance Benchmark Assessment Price: \$4,000 USD one time fee.

 **For more information:** info@primaryprecisionmed.com | (212) 243-5868

Push your limits with confidence. The Performance Benchmark Assessment shows you exactly how.

Guardrails Benchmark Assessment

Compassionate Care for Performance-Enhancing Therapy Users

The Guardrails Program is designed for individuals using performance-enhancing therapies — whether for bodybuilding, competitive athletics, or aesthetic goals. While these therapies can support performance and appearance, they may also cause serious health risks: liver strain, heart and kidney stress, high blood pressure, and hormonal imbalances.

At Primary Precision, we believe in patient autonomy. You deserve compassionate, evidence-based care without stigma. The Guardrails Program provides the structure and safeguards that let you pursue your goals while protecting your long-term health.

💡 Cost: \$4,000 USD one time fee.

What's Included

Round 1: Benchmark Assessment & Medical Appointment

- Comprehensive biomarker panel (liver, kidney, heart, hormones, metabolism)
- FibroScan #1 (liver health & fibrosis assessment)
- Cardiovascular & metabolic screening
- Optional VO₂ & fitness testing (included if desired)
- 60-minute consultation with Dr. Capicotto: review of current therapies, risks, and creation of a personalized harm-reduction plan

Round 2: Follow-Up (6–9 Months Later)

- Repeat biomarker panel (focused labs for safety and efficacy)
 - FibroScan #2 (track changes in liver health)
 - 60-minute consultation with Dr. Capicotto: evaluate impacts, adjust plan, and provide long-term guardrails for safe performance
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Why the Guardrails Program?

- Respect & Autonomy: You're in control. We provide the structure that keeps you safe.
- Compassionate Care: No stigma, no judgment — only support.
- Early Detection: Advanced labs and imaging to identify risks before they become problems.
- Sustainable Performance: Practical steps to balance your goals with your long-term health.


Guardrails Benchmark Assessment Price: \$4,000 USD one time fee.

 **For more information:** info@primaryprecisionmed.com | (212) 243-5868

Body Composition Benchmark Assessment *Transform Your Body. Improve Your Health.*

This program is designed for patients seeking a focused approach to body composition, weight loss, and metabolic health. It combines targeted laboratory testing, advanced imaging, personalized fitness and nutrition guidance, and medical therapy when appropriate.

The program includes two rounds of diagnostics and two consultations with Dr. Christopher Capicotto, ensuring that progress is monitored and interventions are optimized. As needed messaging with the doctor is available between scheduled appointments.

 **Cost:** \$2,000 USD one time fee (medication cost not included; prescriptions filled directly through your pharmacy).

What's Included

Round 1: Benchmark Assessment & Medical Appointment

- Initial blood panel (key metabolic, hormone, and nutritional markers)
- DEXA scan (body composition + bone density)
- Fitness & nutrition consultation with NYC Performance Lab experts
- 30-minute debrief with Dr. Capicotto: personalized plan, initiation of GLP-1 or other weight-loss therapy (as appropriate)

Round 2: Follow-Up (4–6 Months Later)

- Repeat blood draw (focused lab panel to track progress and safety)
 - Repeat DEXA scan (body composition only)
 - 30-minute debrief with Dr. Capicotto: review of progress, therapy adjustments, continued roadmap for sustained weight management and health optimization
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Why This Program?

The Body Composition Benchmark Assessment offers a science-driven, physician-led pathway to lasting transformation. Unlike fad diets or generic weight loss plans, this package combines:

- Data (blood markers & body scans)
- Expertise (nutrition + fitness consults, medical guidance)
- Therapy (GLP-1 or other medications, when appropriate)

This makes it one of the most effective and appealing entry points for patients seeking measurable results.

Body Composition Benchmark Assessment Price: \$2,000 USD one time fee.

☎ **For more information:** info@primaryprecisionmed.com | (212) 243-5868

Transform your body and improve your health. The Body Composition Benchmark Assessment gives you your roadmap.